

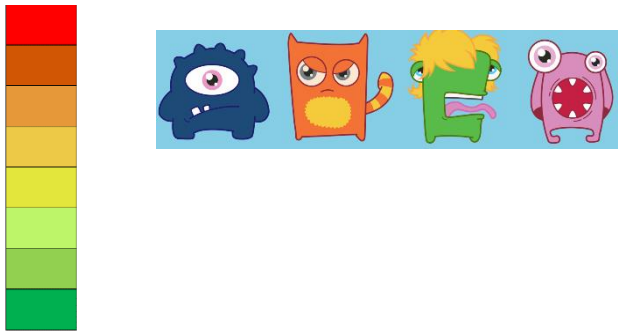


ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE: PSHE – Resilience

YEAR GROUP 5

TERM Autumn 1

<p>Vocabulary Resilience Volume of emotion ABC (action, belief, consequence) Gremlins (me, them, always and catastrophising) Optimism and pessimism</p>	<p>Skills</p> <ul style="list-style-type: none">• Assess a person’s volume of emotion• Learn techniques to lower a volume of motion• Learn and then practise breathing techniques• Analyse an event using the ABC grid	<p>What we already know</p> <p>Although resilience has never been taught, children have an understanding of our ‘have a go’ learning behaviour and ‘marvellous mistakes’.</p> <p>Children also understand positive and negative consequences.</p>
<p>Illustration</p> <p>Volume of emotion</p> 	<p>Application/ Outcomes</p> <ul style="list-style-type: none">• Team building activity (spaghetti and marshmallow tower)• Use the ABC grid to create different outcomes to the same event• Role play events using the gremlins• Try out different breathing activities	<p>Concepts</p> <ul style="list-style-type: none">• Resilience• Optimism and pessimism• Consequences• Volume of emotion
<p>Other/Cross Curricular Links with English/Maths</p> <p>All lessons: high aspirations SEND adaptations – mixed ability grouping for support, written outcomes are limited</p>		